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Donald's Chili Con Carne

1 pound ground beef	Chili powder (approximately 2 teaspoons)
1 cup diced onion	2 tablespoons cold water
1 clove chopped garlic	1 teaspoon salt
½ cup diced green pepper	1 teaspoon sugar
1 tablespoon fat	1 teaspoon Worcestershire sauce
2 cans (1½ pounds) kidney beans	
2 cups tomatoes	

Brown beef in fat. Add onion, garlic, green pepper and cook until onions are transparent. Add tomatoes and spices which have been mixed with cold water. Cover and simmer 1 hour. Add 2 cans kidney beans and cook 1 hour uncovered.

Chili Con Carne

1 pound ground beef (browned)	1 tablespoon chili powder
1 can tomatoes	Salt & pepper
1 can kidney beans	

Simmer ½ hour

Chili Con Carne

1 pound ground beef	2 cups liquid (juice from beans plus water)
1 large onion, chopped	1 to 3 teaspoons chili powder
1 clove garlic, minced	¼ teaspoon Tabasco
¼ cup vegetable oil	1 teaspoon salt
1 can (8 ounces) tomato sauce	
2 cups cooked or canned kidney beans	

Brown the meat, onion and garlic in vegetable oil, stirring to break the meat into bite-size pieces. Add remaining ingredients. Cover and cook over low heat 1 to 1½ hours. Stir occasionally. Add water if needed. 6 servings.

Chili

2 pounds ground beef (leanest) (add to crockpot raw)	1 teaspoon pepper
1 quart + 1 cup tomato juice	1 tablespoon salt
4 teaspoons cinnamon	¼ teaspoon red pepper
2 teaspoons ground cumin	1½ teaspoon vinegar
1 large whole onion	5 bay leaves
2 dashes Worcestershire	¼ teaspoon garlic powder
3 teaspoons allspice	2 tablespoons chili powder

Cook uncovered for two hours. Remove onions and bay leaves. Serve over spaghetti.

Oven Beef Stew

2 pounds lean stew beef	1 teaspoon salt
1 large onion, chopped finely	Pepper to taste
2 stalks celery, diced	5 carrots, halved
2 tablespoons tapioca	15 ounces V-8 juice
1 tablespoon sugar	

Mix all ingredients raw. Cover and bake at 275°F for four hours. Do not stir. Serve over cooked noodles or rice.

Swiss Beef Stew

6 slices bacon, diced	1 can (1 pound) tomatoes
2 pounds boneless beef chuck or stew meat, cut into 1¼" cubes	1 bay leaf
3 tablespoons flour	4 cups potato cubes (1¼" to 1½")
1 teaspoon salt	2 cups 1" carrot chunks (about 4 medium size)
1 teaspoon celery salt	1 cup sliced onion
1 can condensed beef broth	2 tablespoons minced parsley

Sauté bacon in Dutch oven over moderate heat until lightly brown, stirring as needed to brown evenly. Remove bacon from pan and drain on paper toweling.

Brown meat well on all sides in bacon drippings, turning pieces of meat as needed to brown evenly. Sprinkle flour, ½ teaspoon salt and celery salt over meat; mix well. Add beef broth, tomatoes and bay leaf. Bring to simmer cover and cook over low heat about 1½ hours. Add potatoes, carrots, onions, diced bacon and remaining ½ teaspoon salt. Continue cooking until beef and vegetables are tender, about 45 to 60 minutes. Remove bay leaf. Pour into serving dish and sprinkle with parsley. Makes 6 to 8 servings.

Easy Stew

1½ to 2 pounds beef cubes, sprinkle with garlic salt in casserole.

Mix together:

1 can golden mushroom soup	½ to 1 envelope onion soup mix
½ cup wine (sherry or rose')	Small can mushrooms, drained

Pour over meat and bake at 325°F for two hours. Add carrots last ½ to 1 hour. Serve over noodles.

Cream of Broccoli Soup

2 pounds broccoli	1 bay leaf
1 small onion	2 teaspoons cornstarch
½ small green bell pepper	2 tablespoons cold water
1 small rib celery with greens	2 egg yolks, beaten
1 sprig parsley	1 cup heavy cream
2 tablespoons butter	Nutmeg
6 cups chicken or vegetable stock	

In a food processor, chop broccoli, onion, bell pepper, celery and parsley very fine. In large saucepan, melt butter, and sauté the chopped vegetable mixture lightly for a few minutes. Add stock and bay leaf. Bring to boiling; cover and let simmer about 30 minutes until broccoli is cooked. Remove and discard bay leaf.

Puree mixture until smooth. If desired, force through sieve to remove any remaining bits of vegetable or strands of fiber. Return soup to low heat.

Combine cornstarch and cold water, and stir mixture into soup. In separate bowl, combine egg yolks and cream, and temper by gradually whisking in ½ cup of hot soup. Slowly stir warmed egg-and-cream mixture back into soup. Continue stirring over low heat until soup is slightly thickened and reheated. Do not boil. Serve warm or chilled, garnished with a light sprinkling of fresh grated nutmeg. Makes six servings.

Cream of Broccoli Soup

1 bunch broccoli	13 ounce can evaporated milk
2 teaspoons salt	1 cup water
3 cups boiling water	1½ teaspoons salt
2 tablespoons butter	1 teaspoon grated onion
3 tablespoons flour	

Place broccoli, heads down, in 2 quarts cold water to which 2 teaspoons salt has been added. Soak ½ hour. Drain and wash broccoli in fresh cold water; drain. Strip off small stem leaves and outer fibrous peel of the stalks. Cut into ½" pieces. Put into saucepan; add boiling water and cook 10 to 12 minutes at a rapid rate, uncovered. When tender, crush with potato masher. There should be 2½ cups mashed broccoli and cooking water.

In another saucepan, heat butter; blend in flour and add evaporated milk and the 1 cup of water, stirring until sauce boils and thickens. Then add salt, onion and crushed broccoli. Reheat to boiling and serve piping hot.

Note: Three cups milk can be used in place of evaporated milk and water. Also, evaporated skimmed milk can be used.

Navy Bean Soup

2 cups navy beans	2 stalks celery with tops, chopped
3 quarts water	2 tablespoons chopped parsley
1 ham bone	2 tablespoons Worcestershire
2 cups tomato puree	1 tablespoon salt
1 large onion, chopped	1/8 teaspoon pepper

Cover beans with water and soak overnight. Add remaining ingredients to soaked beans. Cover; bring to boil; reduce heat and simmer for 4-5 hours. 10 to 12 servings.

Mrs. Cassel's Tomato Soup

Sauté onion and celery in butter. Add 1 quart tomatoes. Simmer 15-20 minutes. Mix thickening (corn starch and milk). Add sugar. Add pinch of baking soda just before milk and immediately add milk while still foaming.

Cauliflower-Cheese Soup

1 small cauliflower (1¼ to 1½ pounds)	¾ teaspoon salt
1 small onion, thinly sliced	Pinch each ground nutmeg and white pepper
½ teaspoon dried chervil or parsley	2 cups half and half
1¾ cups rich chicken broth or 1 can (14½ ounces) chicken broth	1 cup (¼ pound) shredded sharp cheddar cheese
2 tablespoons butter or margarine	
1 tablespoon flour	

Cut out and discard cauliflower core. Remove and discard coarse outer leaves and separate cauliflower into flowerets (you should have about 4 cups).

In a 3-quart pan, combine cauliflower, onion, chervil and broth. Bring to boiling, cover, reduce heat, and simmer until cauliflower is tender (10-12 minutes). Remove and reserve about 1/3 of the cauliflower.

Transfer remaining cauliflower mixture to blender or food processor. Process until smooth.

In 3-quart saucepan, melt butter over medium heat; stir in flour, salt, nutmeg and pepper. Cook, stirring until bubbly. Remove from heat and gradually blend in cream. Return to heat and cook, stirring constantly until mixture boils. Blend in cauliflower puree and ¾ cup of the cheese. Heat, stirring often, until soup is steaming and cheese is melted.

Add reserved cauliflower and cook just until heated through (2-3 minutes). Serve sprinkled with remaining ¼ cup cheese. 5-6 servings (6 cups).

Chicken Soup Country Style

2½ to 3 pound whole frying chicken, cut up	1 tablespoon salt
4 cups water	½ teaspoon pepper
½ cup finely chopped onion	¼ teaspoon leaf thyme
½ cup finely chopped celery	¼ teaspoon ground sage
2 cups thinly sliced carrots	1/3 cup dried parsley flakes

Combine all ingredients in 3-quart glass casserole. Cover with glass lid or plastic wrap. Microwave on high (6) for 15 minutes.

Microwave on simmer (3) for 25 to 30 minutes or until chicken is fork tender. Remove chicken from seasoned broth; cool. Remove meat from bones and cut into small pieces. Return meat to casserole; mix well and recover.

Microwave on reheat (5) for about 5 minutes or until hot. Let stand, covered, 5 minutes before serving. 6 to 8 servings.

Tip: Add ½ cup quick-cooking rice during last cooking period.

Turkey Broth

Turkey gizzard, heart, liver and neck	1/8 teaspoon pepper
3 cups water	1 bay leaf
½ teaspoon salt	

Combine all ingredients in 2-quart glass casserole. Cover with glass lid or plastic wrap. Microwave on roast (4) for about 30 minutes. Remove meat and bay leaf from broth. Use broth for soup or gravy.

Tip: Grind cooked giblets and add to broth for more flavorful gravy.

Clear Mushroom Soup

¼ cup butter	4 cups (about ¾ pound) sliced fresh mushrooms
1 cup sliced onion	2 tablespoons flour
2 tablespoons chopped parsley	5 cups chicken broth
¼ teaspoon pepper	

Melt butter in large saucepan. Sauté mushrooms, onion, and parsley until tender. Stir in flour and pepper. Remove from heat. Gradually stir in chicken broth; bring to a boil stirring constantly. Reduce heat; simmer five minutes. Makes six servings.

New England Clam Chowder

2 slices bacon, diced	2 cans (7½ ounces each) minced clams drained; reserve liquid
1 medium onion, chopped	3 cups milk
2 medium potatoes, peeled	½ teaspoon salt
¼ cup butter	1/8 teaspoon white pepper
¼ cup all-purpose flour	

In 3-quart microproof casserole, cook bacon on HI (maximum power) for 3 minutes. Stir in onion and potatoes. Cover and cook on 90 (sauté) for 8 to 10 minutes, or until potatoes are tender. Melt butter, stir in flour and add to potato mixture; mix well. Add enough water to reserved clam juice to make 2 cups liquid. Stir this liquid, clams, and remaining ingredients into casserole. Cover and cook on HI for 4 to 5 minutes, or until hot.

New England Clam Chowder

1 to 1½ dozen clams, shucked	2 cups milk
4 ounces minced salt pork	1 cup light cream
4 cups diced raw potatoes	3 tablespoons flour
1½ cups water	1½ teaspoons salt
½ cup chopped onion	Dash pepper

Dice clams and set aside. Strain clam liquid; reserve. In large saucepan, fry salt pork until crisp. Remove bits of pork. Set aside. To drippings, add reserved clam liquid, potatoes, water and onion. Cook, covered, until potatoes are tender, 15 to 20 minutes. Stir in clams, 1¾ cups of the milk and cream. Cook and stir until boiling. Add the salt and pepper. Sprinkle reserved salt pork bits on top. Makes 6 servings.

New England Clam Chowder

1 quart clams (or 2 cups canned clams, rinsed well)	1 cup carrots, diced
1 onion, quartered	1 cup celery, diced
2 celery stalks, coarsely chopped	½ teaspoon thyme
2 carrots, thickly sliced	¼ teaspoon oregano
½ cup parsley, coarsely chopped	1 teaspoon salt
¼ pound salt pork, diced	¼ teaspoon pepper
1 medium onion, finely chopped	1 cup heavy cream
2 cups raw potato, cubed	3 cups milk

Wash clams well. Place in large pot with tight-fitting lid, along with quartered onion, chopped celery stalks, sliced carrots and chopped parsley. Cover with 1 quart water, place lid on top and cook until clams pop open. Strain and reserve cooking liquid. Remove clams from shells, chop coarsely, and set aside.

Sauté the salt pork over very low heat until fat is sweated out; remove meat and add onions to the pan; cook lightly. Add the reserved clam broth, remaining vegetables and seasonings. Cover and simmer until vegetables are cooked but not mushy. Add the drained salt pork, reserved clams, the cream and the milk. Heat slowly. Adjust seasonings and serve hot. Makes about eight servings.

Manhattan Clam Chowder

1 pint shucked clams or two 6-ounce cans minced clams	2 medium potatoes, peeled and chopped
3 slices bacon, cut up	½ cup finely chopped carrots
1 cup finely chopped celery	1 teaspoon salt
1 cup chopped onion	½ teaspoon dried thyme, crushed
1 16-ounce can tomatoes, cut up	1/8 teaspoon pepper

Drain clams, reserving liquid. Chop shucked clams. Add enough water to reserved liquid to measure 3 cups. In a large saucepan partially cook bacon; add celery and onion. Cook and stir till vegetables are tender. Stir in clam juice mixture, undrained tomatoes, potatoes, carrots, salt, thyme, and pepper. Cover and simmer for 30 to 35 minutes. Mash vegetables slightly to thicken. Add clams; heat through. Makes 6 to 8 servings.

French Onion Soup

2 tablespoons butter	2 or 3 tablespoons flour
1 tablespoon cooking oil	6 cups beef bouillon
4 cups (about 1¼ pounds) thinly sliced onions	1 bay leaf
1 teaspoon salt	1 cup red or white wine
1 teaspoon sugar	Salt and pepper
	Seasoned croutons

Melt butter and oil in 3-quart saucepan. Add onions and stir to coat with butter. Cover and cook over low heat for 20 minutes until onions are tender and translucent. Uncover pan, raise heat and stir in salt and sugar. Cook 30 minutes stirring frequently until onions have turned a golden brown. Then lower heat, stir in flour, cook and stir until bubbly. Pour in 1 cup hot bouillon, blending with a wire whip. Add rest of bouillon, wine and bay leaf. Simmer slowly 30-40 minutes.

Top with Gruyere cheese.

French Onion Soup

4 tablespoons fat	4 cups beef stock
2 tablespoons olive oil	¾ cup white wine
1 small clove garlic	4 tablespoons grated Parmesan
3 large onions, finely sliced	6-8 slices French bread cubed and spread with garlic butter and cheese
1 teaspoon flour	

Brown onions and crushed garlic in melted fat and olive oil; brown well, then remove onion. Mix flour into fat until it forms a smooth paste, add stock and wine and bring to a boil. Replace onions. Salt and pepper to taste. Fill 6 individual dishes with soup and sprinkle each with Parmesan cheese. Then add cubes of French bread. Brown in oven and serve hot.

Vegetable Soup

Cover meat with water
Cut up onion
Cut up celery
1 package frozen mixed vegetables
#2 can tomatoes

Simmer about two hours and then add two diced potatoes.

Potato-Cheese Supper Soup

3 cups frozen hash brown potatoes	3 tablespoons chopped parsley
1¼ cups chicken broth	2 tablespoons butter
2 cups milk	1 cup cooked vegetables
1 tablespoon cornstarch	1 cup cubed cooked ham, chicken or turkey
¾ teaspoon salt	
1 cup shredded Velveeta	

Mix potatoes and broth in 2-quart saucepot. Bring to boil, turn heat low, cover, and cook 2 to 3 minutes until potatoes are tender. Blend a little milk with cornstarch until smooth. Combine with remaining milk and salt, and stir into potato mixture. Heat to boiling and stir until smooth and slightly thickened. Remove from heat and add cheese, parsley and butter. Stir until cheese is melted. Add vegetables and meat. Makes four to five servings. This soup does not freeze well, so eat it all.

Donald's Potato Soup

3 potatoes and 1 onion.

Cut up 1 or 2 strips of bacon. Fry over low heat. Do not let get brown. Add 2/3 of first potato diced with a little water. Cook until soft. Put in rest of potatoes and onion with just enough water to cook. Add pinch of oregano and a little bit of garlic powder and salt and pepper. Add a little celery if desired. When potatoes are still firm but done add butter (1/2") and fill pot with milk. Heat and serve.

Potato Soup

3 cups cubed potatoes
¼ cup finely chopped onion
½ teaspoon salt
1½ cups water

2 tablespoons all purpose flour
½ cup milk
1½ cups milk

Combine potatoes, onion, salt and water in 2-quart glass casserole. Cover with glass lid or plastic wrap. Microwave on HIGH for 12 to 15 minutes or until potatoes are tender. Blend flour with ½ cup milk to make smooth paste. Stir in 1½ cups milk. Stir into potato mixture and continue cooking on HIGH for 4 to 5 minutes or until thickened. About 4 servings.

Cream of Cauliflower Soup

4 cups chicken broth, homemade
or canned
1 small head cauliflower, cooked,
(about 3 cups)
4 tablespoons butter (2 ounces)
½ small onion, chopped

½ bay leaf
¼ cup flour
1 cup light cream
1 cup milk
Salt and pepper to taste

Melt the butter and add to it the onion and bay leaf. Cook until the onion is tender and yellow. Remove the bay leaf. Add the flour and cook for 3 minutes, stirring constantly. Remove from the heat and add the chicken broth slowly, stirring constantly. Add salt and pepper to taste. Return to heat and bring just to the boil, stirring constantly. Rub the cooked cauliflower through a strainer to make a puree. Add the strained cauliflower to the hot soup. Add the cream and heat thoroughly. If too thick, thin out with milk.

Gazpacho

(Spanish Cold Vegetable Soup)

1 garlic clove
1 onion, peeled
2 cucumbers
2 tomatoes, peeled
½ green pepper, seeds removed
2 (8-ounce) cans tomato sauce
¼ cup chopped celery

1 can condensed consommé
¼ cup wine vinegar
1/3 cup olive oil
¼ teaspoon Tabasco sauce
1 teaspoon salt
Quick grind black pepper

Have all vegetables washed and well chilled. Cut garlic in half. Rub inside of chilled glass or pottery bowl. Combine vegetables and chop very fine. Pour into seasoned bowl with tomato sauce, consommé, vinegar, oil, Tabasco, salt, and pepper. Mix well. Serve in chilled soup dishes. Makes 8 or more servings.

Winter Tomato Soup

1 can (16 ounces) stewed tomatoes	1 tablespoon Worcestershire
1 can (10½ ounces) beef broth	sauce (optional)
¾ cup water	Salt and pepper to taste

Combine stewed tomatoes, beef broth, water and, if used, Worcestershire in a blender. Blend for just a few seconds until the mixture has the proper soup consistency but is not totally liquefied. Heat soup, taste and season as desired. Serve hot. Makes four servings.

Texas Style Chili

3 pounds boneless stew beef, cut into ½” cubes <u>or</u> 3 pounds lean ground beef	2 cups water
1½ cups chopped onion	1 6-ounce can tomato paste
1 cup chopped green pepper	8 beef bouillon cubes
3 cloves garlic, chopped	2 tablespoons chili powder
2 (28 ounce) cans tomatoes, undrained and broken up	1 tablespoon ground cumin
	2 teaspoons oregano
	2 teaspoons sugar

In large kettle or Dutch oven, brown beef (if using ground beef, pour off fat). Add onion, green pepper and garlic; cook and stir until tender. Add remaining ingredients. Cover, bring to a boil. Reduce heat; simmer 1½ hours (1 hour for ground beef) or until meat is tender. Serve with corn chips and shredded cheese, if desired.

Easy Chili

8 ounces lean ground beef	1 teaspoon ground cumin
1 large onion, chopped	1 teaspoon dried leaf basil
1 large clove garlic, minced	1 can (4 ounces) diced chilies, drained (optional)
1 can (28 ounces) crushed Italian-style tomatoes	2 bay leaves
2 cans (15 ounces each) red kidney beans	Hot pepper sauce
1 tablespoon chili powder	Salt and freshly ground pepper to taste

In large saucepan, brown ground beef (without added fat) over medium-high heat, stirring to break up meat. Add onion and garlic, and cook, stirring frequently, until onions are softened. Drain off excess fat.

Stir in tomatoes with their juice, the beans with their liquid, the chili powder, cumin, basil and chilies, if desired. Add bay leaves, and season with hot pepper sauce, salt and pepper.

Reduce heat, cover and simmer, stirring occasionally, for 20 minutes or until onions are tender and mixture has thickened. Discard bay leaves before serving. Makes six servings.

Tomato Florentine Soup

1 can (16 ounces) whole tomatoes
2 teaspoons cooking oil
1 small onion, minced
½ cup chopped frozen spinach, thawed

1 can (10½ ounces) beef broth
1 teaspoon Worcestershire sauce
½ teaspoon salt
Dash pepper

In blender, puree tomatoes with their liquid for five seconds. In saucepan, heat oil, and sauté onion until transparent. Add tomatoes, spinach, beef broth, Worcestershire, salt and pepper. Cook covered, over medium heat for 10 minutes. Serve hot. Makes four servings.